

Institute for Personalized Therapeutic Nutrition

Most diseases in today's society are accumulated responses to a biologically inappropriate diet leading to cellular and metabolic dysfunction

Personalized Therapeutic Nutrition is an individually tailored nutritional intervention designed to reduce or reverse patient specific metabolic dysfunctions, medical conditions or their associated symptoms.

The Institute for Personalized Therapeutic Nutrition (IPTN) is a multidisciplinary collaboration between researchers, academics, physicians, pharmacists and allied health professionals. The overall objective of the IPTN is to implement an evidence based “food first” approach to treating and preventing medical conditions. We believe this strategy will significantly reduce unnecessary suffering and costs and will dramatically improve health outcomes and quality of life for British Columbians.

The IPTN is affiliated with the Personalized Medicine Initiative, a UBC based umbrella organization of personalized medicine stakeholders and resources in British Columbia. The overarching mission of the PMI is to introduce technologies for personalized medicine into the front lines of healthcare, ensuring appropriate use of medication and reducing avoidable adverse events.

Fundamental motivators for the IPTN:

- Food and nutrition is the foundation of health
- There is no “one-size-fits-all” approach to diet.
- Nutritional science has been “hijacked” by dogma, special interests, hype and misinformation leading to confusion and a generalized mistrust by the public.
- The value of medications is often over stated by media and healthcare professionals
 - e.g. medications for type 2 diabetes lower blood sugar but the vast majority do not change mortality or prevent cardiovascular risks such as heart attack or stroke
- There is an immediate need for an evidence based approach to therapeutic nutrition to tackle and prevent the diseases of modern society

Why IPTN leadership is required:

- To facilitate clinical trials to demonstrate the efficacy of nutritional interventions in treating and reversing medical conditions such as type 2 diabetes
- To translate research into educational programs for healthcare professionals to change practice and to instill therapeutic nutrition as a fundamental and required aspect of patient care
- To use genomics, metabolomics, proteomics and microbiome assessment to create personalized nutritional interventions

- To research basic and fundamental questions regarding nutrition and diet – what genetic and metabolic factors determine why some people respond to a certain type of diet and lifestyle intervention while other people do not?
- To foster a “food first” culture in British Columbians by creating a grass roots movement that drives change

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